**WHAT IS CLAIMED IS:**

1. A training system comprising:

a database comprising information regarding the relevance of different physical activities to fitness categories; and

a server for transferring information between a user and the database.

2. A training system according to claim 1, wherein the database comprises information regarding the relevance of different physical activities to at least one of the following fitness categories: flexibility, cardio-vascular, local muscular endurance, core stability, lower body strength and upper body strength.

3. A training system according to claim 2, wherein the server is operable to receive information from a user regarding the duration of a physical activity that the user has performed and to calculate the contribution of the physical activity performed to the user's fitness in at least one of the fitness categories.

4. A training system according to claim 1, wherein the database comprises information regarding the energy expenditure of the physical activities.

5. A training system according to claim 4, wherein the server is operable to receive information from a user regarding the duration of a physical activity that the user has performed and to calculate the energy expended by the user as a result of the physical activity that the user has performed.

6. A training system according to claim 1, wherein the server is operable to receive from the user information regarding a fitness profile of the user, wherein the fitness profile comprises information regarding the actual ability of the user to perform one or more measures of physical fitness.

7. A training system according to claim 6, wherein the server is operable to receive an indication from the user of a target physical fitness profile for the user.

8. A training system according to claim 7, wherein the server is operable to compare the actual fitness profile of the user with the target physical fitness profile of the user to generate difference information.

9. A training system according to claim 8, wherein the server is operable to output the difference information to the user.

10. A training system according to claim 9, wherein the server is operable to output the difference information as a chart.

11. A training system according to claim 1, wherein the server is operable to receive from the user an indication of the availability of the user for training.

12. A training system according to claim 7, wherein the server is operable to receive from the user an indication of the availability of the user for training.

13. A training system according to claim 12, wherein the server is operable to generate a recommended training regime for the user as a function of the difference information and the availability of the user for training.

14. A training system according to claim 13, wherein the server is operable to receive information from the user regarding the availability of the user for the recommended training regime, and

wherein the server is operable to modify the recommended training regime in accordance with the availability of the user for the recommended training regime, to generate a modified recommended training regime.

15. A training system according to claim 13,

wherein the difference information comprises fitness category difference information regarding the differences between i) the actual fitness of the user in two or more fitness categories and ii) the target fitness of the user in two or more fitness categories,

wherein the server is operable to compare the fitness category difference information to determine for which of the two or more fitness categories there is the greatest difference between the actual fitness of the user and the target fitness of the user, and

wherein the server is operable to prioritize the suggested training regime for the fitness category in which there is the greatest difference between the actual fitness of the user and the actual fitness of the user.

16. A training system according to claim 13, wherein the server is operable to receive information from the user regarding a date of a competition, and wherein the server is operable to reduce an intensity of the training in the recommended training regime in a run-up to a competition.

17. A training system according to claim 13, wherein the server is operable to receive information from the user regarding an injury that the user has sustained, and wherein the server is operable to reduce an intensity of the training in the recommended training regime according to the information reg

18. A training system according to claim 1, further comprising a payment server for processing a financial transaction, wherein the payment server and the server are operable to transfer data using a telecommunications link.

19. A method of training a user, comprising using a training system according to claim 1.

20. A computer program product storing processor executable instructions for programming a processor to implement a training system according to claim 1.

21. A training system comprising:

a database comprising information regarding the nutritional content of different foodstuffs; and

a server for transferring information between a user and the database.

22. A training system according to claim 21, wherein the database comprises information regarding the nutritional content of foodstuffs in at least one of the following categories: protein, carbohydrate, unsaturated fat, saturated fat and calcium.

23. A training system according to claim 21, wherein the server is operable to receive information from a user regarding the type of foodstuffs and quantity of foodstuffs that the user has consumed and wherein the server is operable to use the information stored in the database regarding

the nutritional content of the foodstuffs to calculate the actual nutrition gained by the user as a result of the foodstuffs that the user has consumed.

24. A training system according to claim 21, wherein the server is operable to predict a nutritional requirement of the user.

25. A training system according to claim 24, wherein the server is operable to predict the nutritional requirement of the user on the basis of an energy requirement of the user.

26. A training system according to claim 25, wherein the server is operable to receive information from the user regarding one or more physical activities that the user has performed and to calculate the energy requirement of the user on the basis of the one or more physical activities that the user has performed.

27. A training system according to claim 26, wherein the server is operable to use information concerning a basal metabolic rate of the user to calculate the energy requirement of the user.

28. A training system according to claim 24, wherein the server is operable to compare the actual nutrition gained by the user with the predicted nutritional requirement of the user.

29. A training system according to claim 28, where the server is operable to output, to the user, information regarding a difference between the actual nutrition gained by the user and the predicted nutritional requirement of the user.

30. A training system according to claim 29, wherein the server is operable, on the basis of the difference between the actual nutrition gained and the predicted nutritional requirement, to output, to the user, information specifying modifications to a diet of the user for reducing the difference between the actual nutrition gained and the predicted nutritional requirement.

31. A training system according to claim 28, wherein the server is operable to output information specifying modifications to the diet of the user in at least one of the following categories: protein, carbohydrate, unsaturated fat, saturated fat and calcium.

32. A training system according to claim 21, wherein the server is operable to receive information from a user regarding the nutritional content of a foodstuff, and to cause the information to be stored in the database.

33. A training system according to claim 32, wherein the server is operable to receive information from two or more users regarding the nutritional content of foodstuffs, and wherein the server is operable to prevent a first user from accessing information provided by a second user.

34. A training system comprising:

a database for storing information regarding a goal of a user; and

a server for transferring information between a user and the database.

35. A training system according to claim 34, wherein the server is operable to prompt a user to enter information regarding a long term goal.

36. A training system according to claim 34, wherein the server is operable to prompt a user to enter information regarding a medium term goal.

37. A training system according to claim 34, wherein the database stores information regarding a short term goal.

38. A training system according to claim 34, wherein the server is operable to receive information from the user indicating an performance of the user with regard to one or more goals, wherein the server is operable to compare the performance with the one or more goals, and wherein the server is operable to output to the user information representing a result of the comparison.

39. A training system according to claim 38, wherein the server is operable to output the information to the user in the form of a pie chart.

40. A training system according to claim 38, wherein the server is operable to prompt the user to enter information specifying what the user regards as priority goals, and wherein the server is operable to output to the user information representing the result of the comparison for only the goals specified by the user as priority goals.

41. A training system comprising:

a database for storing information regarding an injury sustained by a user; and

a server for transferring information between a user and the database.

42. A training system according to claim 41, wherein the server is operable to receive information from the user specifying the location of an injury.

43. A training system according to claim 41, wherein the server is operable to receive information from the user specifying a severity of an injury.

44. A training system according to claim 41, wherein the server is operable to receive information from the user specifying a date that the injury was sustained.

45. A computerized system for devising a training scheme for a sports person comprising:

first computer means for processing data, which has a database which stores for each of a plurality of sports a record of an idealized physiological profile; wherein:

each sports person using the system inputs a selection of a sport and, in response to enquiries generated by the first computer means, information concerning his/her physiological profile; and

the first computer means compares the physiological profile input by each sports person with the idealized physiological profile for the relevant sport and from this comparison formulates a training regime which is relayed to the sports person.

46. A system as claimed in claim 45 wherein:

the first computer is connected via a telecommunications network to a plurality of remotely located computer means; and

each sports person uses one of the plurality of remotely located computer means to input data to the first computer means via the telecommunications network and to receive enquiries and the formulated training regime from the first computer means via the telecommunications network.

47. A system as claimed in claim 46 wherein:

the first computer means for each sports person scales the stored idealized physiological profile for the selected sport having regard to the weight of the sports person and compares the input

physiological profile with the scaled identical physiological profile when formulating the training regime.

48. A system as claimed in claim 47 wherein:

the first computer means for each sports person scales the stored idealized physiological profile for the selected sport having regard to the gender of the sports person and compares the input physiological profile with the scaled idealized physiological profile when formulating the training regime.

49. A system as claimed in claim 47 wherein:

the first computer means for each sports person scales the stored idealized physiological profile for the selected sport having regard to the age of the sports person and compares the input physiological profile with the scaled idealized physiological profile when formulating the training regime.

50. A system as claimed in claim 45 wherein:

each stored record of an idealized physiological profile comprises measurements taken from the set of: maximum capacity to transport oxygen to tissues; percentage of maximum oxygen transport capacity that may be maintained without accumulation of lactate; greatest weight that can be lifted once; maximum power; maximum number of sit-ups performed without rest; maximum number of push-ups performed without rest; maximum number of crunches performed without rest; and local muscle endurance; and

the first computer means generates enquiries relayed to the sports person which require data matching the measurements stored for the idealized physiological profile.

51. A system as claimed in claim 45 wherein:

the training regime formulated by the first computer means comprises recommendations for training session frequency.

52. A system as claimed in claim 45 wherein:

the training regime formulated by the first computer means comprises recommendations for heart rate during training.

53. A system as claimed in claim 46 wherein:

each sports person inputs periodically, in response to enquiries generated by the first computer means, data to establish a psychological profile for the sports person; and

the first computer means compares each input psychological profile for each sports person with a stored base psychological profile for the sports person and dependent on the comparison can modify the training regime formulated by the first computer means.

54. A method of devising a training scheme for a sports person comprising the steps of:

storing on a database on the first computer means an idealized physiological profile for each of a plurality of sports;

a sports person inputting to the first computer means a selection of a sport and, in response to enquiries generated by the first computer means, information concerning his/her physiological profile; and

a computer program running on the first computer means comparing the physiological profile input by each sports person with the idealized physiological profile for the relevant sport and from the comparison formulating a training regime which is then relayed to the sports person.

55. A computerized system for devising a training scheme for a sports person comprising:

first computer means for processing data, which has a database which stores a record of an pre-programmed physiological profile; wherein

each sports person using the system inputs, in response to enquiries generated by the first computer means, information concerning his/her physiological profile;

each sports person using the system can vary the pre-programmed physiological profile by inputting a target or targets selected from options provided by the first computer means;

the first computer means compares the physiological profile input by each sports person with the varied physiological profile selected by the sports person and from this comparison formulates a training regime which is relayed to the sports person.